

## FINAL Timetable

Athletes must declare their intention to compete a minimum of 60mins before the scheduled start time of each of their events.

Track				
Event No	Time	Event	Age Group	Round
T1	10:00	400m Hurdles	U20/Sen Men	1
			U17 Men	1
	10:06		U20/Sen Women	1
T2	10:12	300m Hurdles	Open Women U15B	1
T3/h	10:40	110m Hurdles	U20/Sen Men	1
T4/h	10:46	100m Hurdles	U17 Men	1
	10:52		U20/Sen Women	1
T5/h	11:04	80m Hurdles	U15 Boys	1
	11:10		U17 Women	1
T6/h	11:16	75m Hurdles	U15 Girls	1
	11:22		U13 Boys	1
T7/h	11:28	70m Hurdles	U13 Girls	1
T9	11:35	100m Invitational	Open	1
Break				
T3/f	11:56	110m Hurdles	U20/Sen Men	2
T4/f	12:10	100m Hurdles	U17 Men	2
	12:16		U20/Sen Women	2
T5/f	12:28	80m Hurdles	U15 Boys	2
			U17 Women	2
T6/f	12:46	75m Hurdles	U15 Girls	2
	12:52		U13 Boys	2
T7/f	13:15	70m Hurdles	U13 Girls	2
T8	13:21	200m Hurdles	Open Men	1
	13:37		Open Women	1
Field				
Event No	Time	Event	Age Group	Pool
F9	10:00	Long Jump	All	1
F4	10:00	High Jump	All	1
F10-13	10:00	Seated Throws	All	All
F7	11:30	Long Jump	All	2
F2	11:30	High Jump	All	2
LUNCH				
F1	13:30	Long Jump	All	3
F8	14:00	Pole Vault	All	1
F5	15:00	Triple Jump	All	1
All athletes will receive a minimum of 2 warm up trials. Horizontal jumps will receive 6 competition trials.				